

19.1.1 - Becoming more individual, thus interesting

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[19.1 - Becoming more socially comfortable](#)

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Summary

Be your **individual self, confidently independent** of brakes on your nature.

Being more individual and interesting

One is interesting, they evoke the interest of others, because they have something that others don't. Because they are individual.

I can be a more interesting person by embracing my individual person and character, thus offering more to others.

WHAT EXISTS BETWEEN THESE TWO

If everyone conformed to societal expectation, there would be no individual, thus no interest. So, don't be constrained by what is expected that you say and do, act independently.

Be a person, not a robot.

Self-confidence - acting independent of all judgement

I must be confident in who I am as an individual, what thoughts immediately come to my mind because of my unique circumstance and context.

Speak before your negativity bias judges, be irrational, act independent of all judgement, even your own, so you can be individual.

Eventually the goal is to develop confidence in who I am, so there is less of an internal judgement response to what is natural.

ON CONFIDENCE

You are comfortable when you are confident.

There are certain circumstances when we are each confident, like I am confident in the classroom as I learn well and get good grades.

You want to become confident in conversation so you are comfortable in basically all contexts.

([19.1.3 - Talking slower](#) as well as the goal of *charisma* will make you more confident)